

Health-Related Quality of Life of Persons after Rhinoplasty: A Longitudinal Study among Iranian Population

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ABSTRACT

Introduction: Despite the growing number of cosmetic rhinoplasty surgeries in Iran in recent years, there is little information about the effects of this procedure on the subjects' Quality of Life (QoL). This study examined the QoL after rhinoplasty in subjects without nasal obstruction, who wanted the surgery for aesthetic reasons, three and six months postoperatively.

Aim: The aim of this study was to assess the changes of QoL in clients who take rhinoplasty.

Materials and Methods: This was a prospective study conducted in Tehran, Iran. Using convenience sampling, 150 subjects who had undergone cosmetic rhinoplasty from June 2013 to June 2014 were invited to participate in the study. Patients' QoL was measured one week before and three and six months after

rhinoplasty, using the Iranian version of the 36-item Short Form (SF-36) questionnaire. Descriptive statistics, Pearson correlation coefficient, one-way ANOVA, paired t-test, and independent sample t-test were used for data analysis.

Results: Most of the participants were women (64%), and the mean age was 26.8 ± 5.4 years (range: 18–41 years). The mean QoL scores before and three and six months after rhinoplasty were 67.26 ± 26.01 , 68.00 ± 15.7 and 83.65 ± 9.6 , respectively. None of the measured demographic characteristics showed any correlation or relationship with the participants' QoL before and after the procedure ($p > 0.05$).

Conclusion: QoL can be considered as a quality indicator of health care systems. This study shows that the persons' QoL improved six months after cosmetic rhinoplasty.

Keywords: Cosmetics, Cosmetic surgery, Developing country, Iran

INTRODUCTION

The nose has an important role in the facial beauty of a person [1]. In the ancient society, nose amputation was performed as a punishment for adulterers, thieves, and prisoners [2]. History of medicine shows that cosmetic surgery of the nose is among the earliest described surgical procedures [3]. Rhinoplasty is a popular cosmetic surgical procedure performed globally [4]. According to the American Society for Aesthetic Plastic Surgery (ASAPS) report, nose cosmetic surgery was one of the most five commonly performed cosmetic surgical procedures in 2014 [5]. Iran is the youngest country in the Middle East region with a population of about 79 million. In recent years, cosmetic surgery, particularly rhinoplasty, has become popular among Iranian teenagers [4,6].

World Health Organization (WHO) defines QoL as; the perceptions which individuals have about their situation in life regarding to the culture and value systems in which they live and in relation to their expectations, and life standards [7]. Regarding to the importance of QoL in plastic surgery patients, a retrospective chart review with a prospective follow-up study by Saleh AM et al. examined patient QoL after rhinoplastic surgery with regard to appearance of the nose and function using a modern surgical technique. They showed that modern rhinoplasty techniques significantly improved the patient QoL, compared with the traditional reduction rhinoplasty techniques [8]. Günel C and Omurlu IK, in 2014, examined the effect of rhinoplasty on psychosocial distress level and QoL of Turkish patients. They reported that despite the initial demand and type of surgery, rhinoplasty has a positive impact on the QoL in most of the patients undergoing rhinoplasty [9].

Despite the high number of rhinoplasty surgeries in Iran, to our knowledge, only two studies on the QoL of this group of patients exist in the Iranian context. One study showed that the QoL improved after rhinoplasty, and the other study showed that rhinoplasty has

no positive significant effect on the person's QoL [10,11]. Therefore, due to the lack of studies in this context and the discrepancy in the findings of the two previous studies, the present study was conducted to examine the QoL of Iranian rhinoplasty persons without nasal obstruction, who wanted surgery for aesthetic reasons.

MATERIALS AND METHODS

This prospective study was conducted in two private hospitals in Tehran, Iran. Using convenience sampling, from all clients who were admitted for rhinoplastic surgery, 150 subjects were invited to participate in the study, from June 2013 to June 2014 at two hospitals.

Data were collected one week before and three and six month after rhinoplasty during patient visits in the private rooms at the hospitals. Questionnaire packages containing a covering letter describing the aims of the study, a demographic variables questionnaire, and the Iranian version of the SF-36 questionnaire were distributed to the participants. To assess the reliability of the scale, alpha coefficient of internal consistency ($n=20$) was computed. The alpha coefficient for this instrument was 0.91. The SF-36 is a generic multidimensional instrument consisting of eight multi-item components representing physical functioning, physical role, bodily pain, general health, emotional role, mental health, social functioning, and vitality. The SF-36 scores were converted to a scale of 0 to 100, in which a lower score indicates a worsened QoL [12,13].

All participants were informed that all information would remain anonymous, kept confidential, and be stored safely. Also, prior to the collection of any data, ethical approval was obtained from the ethics committee of Qazvin University of Medical Sciences.

STATISTICAL ANALYSIS

Descriptive statistics (mean and standard deviation), Pearson correlation coefficient, one-way ANOVA, paired t-test, and

fashionable. Unfortunately, the majority of them were unaware of the possible postoperative complications of rhinoplasty [4].

Despite the growing number of cosmetic rhinoplasty surgeries in Iran in recent years, there is little information about the effects of this procedure on the persons' QoL. In the present study, we show that cosmetic rhinoplasty can result in a significant improvement in the persons' QoL. However, further study using a qualitative method in this context is recommended.

LIMITATION

This study was based on a convenient sample and the participation was voluntary. So, there might have been a selection bias which might affect the generalization of the results, in addition to the small sample size.

CONCLUSION

QoL is an important issue in the surgery patients, especially in the elective ones. However, little study has been done about it, especially in cosmetic surgery patients. The present study revealed that improving in QoL after rhinoplasty happens gradually, so it is very important to inform the patients to expect the QoL improvement at least six month later.

AUTHORSHIP CONTRIBUTION

Study concept, design and analysis of data: Hosseinzadeh. Data interpretation and drafting of the manuscript: Khorasani. Critical revision of the manuscript and statistical analysis: Hamadzadeh and Jamshidi.

ACKNOWLEDGEMENTS

We would like to appreciate all clients who participate in this study and thanks to all surgery centers' managers and staffs.

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FINANCIAL OR OTHER COMPETING INTERESTS: None.

Date of Submission: **Jul 20, 2016**
Date of Peer Review: **Sep 20, 2016**
Date of Acceptance: **Oct 15, 2016**
Date of Publishing: **Mar 01, 2017**